



Start your week right! Here are some things to do



LIVE ENTERTAINMENT 7 DAYS A WEEK

PROFESSIONAL COMPLIMENTARY
PICTURES ON TUESDAY AND FRIDAY

SUNDAY:

MARRYBELL MADURO
SINGER
6:30 TO 8:30 P.M.

MONDAY:

ANDERSON BAHAMON
SINGER
6:30 TO 8:30 P.M.

TUESDAY:

JEAN PAUL
SAXOPHONIST
6:30 TO 8:30 P.M.

WEDNESDAY:

MAILLEYN ALVARADO
VIOLINIST
6:30 TO 8:30 P.M.

THURSDAY:

MARRYBELL MADURO
SINGER
6:30 TO 8:30 P.M.

FRIDAY:

MAILLEYN ALVARADO
VIOLINIST
7:00 TO 9:00 P.M.

SATURDAY:

RICKY THOMAS
GUITAR
6:30 TO 8:30 P.M.



Happy Hour
12-1 / 4-6 / 9-10

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Beyond the bouquet: Reclaiming the radical roots of International Women's Day

As the sun rises this March 8, shop windows are awash in purple ribbons and florists are bracing for a surge in sales. But beneath the surface-level celebrations of International Women's Day (IWD), a deeper conversation is brewing—one that shifts the focus from symbolic gestures to systemic change. This year's global theme, "Give to Gain," serves as a poignant reminder that investing in women is not just a moral imperative, but a catalyst for universal growth and resilience.

A History Written in Defiance
While today's IWD often feels like a hybrid of Mother's Day and Valentine's



Women attend a rally to mark the International Women's Day in Mexico City on March 8, 2026.

cation and healthcare. Furthermore, the digital divide is emerging as a new frontier for inequality. UN Women reports that women make up only 22% of artificial intelligence workers, and nearly half of AI systems demonstrate measurable gender bias.

Empowerment as a Global Solution
Empowerment is often defined through five pillars: self-worth, the right to choose, access to opportunities, control over one's life, and the ability to influence social change. When these pillars are supported, the benefits ripple outward. Evidence shows that ensuring equal access to resources for women farmers could significantly reduce global hunger and poverty. "When women thrive, communities and nations are stronger," notes one educational report on the day's significance. This is not just a sentiment; it is a socio-economic reality. Education remains the most potent tool in this fight; when a girl is educated, the likelihood of early marriage and poverty decreases, while the economic potential of her entire community rises.

The Call to Action
International Women's Day 2026 is more than a date on a calendar; it is a call to "Accelerate Action." It asks us to look at the "broken rungs" of the corporate ladder and the "locked libraries" where education is still denied due to political or religious edicts. As we wear our purple—a color long associated with the suffragette movement and empowerment—the challenge remains: how do we move beyond the twenty-four hours of March 8? The answer lies in everyday advocacy. It involves men playing a critical role in recalibrating gender norms and society collectively refusing to accept "good enough" when it comes to equality. □

Paseo Herencia

**WEEKLY
LIVE SHOWS
8PM**

MON	LATIN DANCE SHOW <i>By RCC Aruba</i>
WED	CULTURAL DANCE SHOW <i>By Youth in Action</i>
THU	ACROBATIC PERFORMANCE <i>By RCC Aruba</i>
SUN	VIOLIN SHOW <i>By Angela Flores</i>

**WATERSHOWS
EVERY NIGHT AT**

7:30

8:30

9:30

A woman in a red and orange costume is being lifted into the air by a man in a blue shirt during an acrobatic performance. The background shows a stage with other performers and a large screen.

The quiet turn: How America's youth found their way back to well-being

AUSTIN, TX — For years, the narrative surrounding American youth was one of unrelenting crisis. Headlines regularly detailed soaring rates of anxiety, the isolating effects of the digital age, and a generation buckling under the weight of global uncertainty. However, as we move into the spring of 2026, a different story is beginning to emerge. New data and on-the-ground shifts in school culture suggest that the tide is finally turning, marking what experts are calling a "quiet revolution" in youth well-being. The shift is backed by recent findings from the 2026 Thriving College Student Index, which reveals a significant stabilization in student mental health. According to the report, approximately 57% of students are now categorized as "Thriving," while the percentage of those "Struggling" has dipped to 14%. This follows a broader trend first signaled by the CDC's Youth Risk Behavior Survey, which noted that the percentage of high school students feeling persistently sad or hopeless began to edge downward after a decade of growth.

The Power of "Continuous Care"

So, what changed? Experts



Celebrity hotel heiress Paris Hilton poses for photographs with fans and supporters outside the U.S. Capitol on the day the House of Representatives is set to vote on The Stop Institutional Child Abuse Act on December 17, 2024 in Washington, DC.

point to a fundamental shift in how support is delivered. The era of the "isolated 50-minute therapy session" is being replaced by a model of "Continuous Care." In 2026, mental health support is no longer something students have to leave school to find; it is increasingly embedded into their daily environment.

"We've moved past simple awareness to active integration," says Dr. Sarah Jenkins, a school psychologist. "We are

seeing mental health professionals directly co-located in primary care clinics and schools, catching symptoms of anxiety before they reach a crisis level." This "whole-person" approach is further supported by AI-driven triage tools that provide "Between-Session Reflections," helping bridge the gap for the millions of Americans living in areas with professional shortages.

Digital Agency and Peer Support

Perhaps most surprisingly, the very technology once blamed for the crisis is being reclaimed. A "rise in digital agency" is defined by youth using tech to manage their own health rather than being managed by algorithms. Apps like Mirror, developed by the Child Mind Institute, offer youth-centered journaling and reflection tools that prioritize privacy and safety. Furthermore, the "embarrassment barrier" that once prevented 35% of youth from seeking help is being

dismantled by their peers. Programs like the Hi, How Are You Project emphasize that social connection is the greatest differentiator for wellness; 81% of thriving students report regular socializing with friends and family, compared to just 34% of those who are struggling. Success on the Ground Local success stories are providing the blueprint for this national recovery. In Austin, the

Harmony School of Science

was recently recognized as a National School of Character. By prioritizing ethical learning and caring environments, schools are proving that academic excellence and emotional health are not mutually exclusive. Similar initiatives, such as The Jed Foundation's Campus program, have shown that students at participating schools are 25% less likely to have attempted suicide. While challenges remain—particularly for marginalized groups and those in rural areas still facing provider shortages—the outlook for 2026 is one of cautious optimism. For the first time in a generation, the data suggests that when we invest in the "everyday relational hubs" of schools and communities, the kids actually do alright. □

Stop the presses—then start them again: The quiet revolution in high school halls

In the era of 15-second TikTok clips and AI-generated summaries, the traditional high school newspaper was once written off as a relic of a bygone age. Yet, in 2026, a surprising revival is taking root. From the bustling corridors of New York City to rural districts in the Midwest, students are reclaiming the "power of the press" to solve problems that administrators couldn't—or wouldn't—address. The decline of student journalism was, until recently, a stark reality. Between 2011 and 2021, the percentage of U.S. public high schools with a newspaper plummeted from 64% to just 45%. In disadvantaged urban and rural areas, that number dropped even lower, to 27%. Rising costs, a

lack of faculty advisers, and an institutional pivot toward STEM subjects left many student voices silenced. However, the tide is turning. Recent success stories have proven that student reporting is more than just an extracurricular hobby; it is a vital tool for institutional accountability. At Pace High School in Chinatown, students successfully used their newspaper, The Pacer, to secure \$750,000 in city funding for a damaged gym floor after months of administrative silence. Such "wins" have sparked a national conversation about why every school needs a newsroom.

The New Newsroom: Digital-First and AI-Augmented

The 2026 revival isn't a return to the dusty print stacks of the 1990s. Today's student journalists are "creators" in their own right, blending traditional ethics with modern technology. Multimedia Integration: High school papers now operate as digital hubs, using tools like SoundCite for inline audio and Timeline JS for interactive storytelling.

The AI Edge: Rather than fearing automation, student editors are using Generative AI for transcription and layout support, allowing them to focus on what machines can't replicate: original investigations and human-centered storytelling. Social Distribution: With 50%



(Pictured centered) Steven Caple Jr., Michael B. Jordan, and Florian Munteanu pose with student journalists from surrounding Atlanta metro university/college system student newspapers and media outlets during "Creed 2" student press junket at Clark Atlanta University on November 8, 2018 in Atlanta, Georgia.

of Gen Z getting news daily from social media, student outlets are meeting their peers on platforms like Ins-

tagram and TikTok, repackaging deep-dive reports into relatable, vertical video content. □

'One Battle After Another' location manager explains THAT car chase

Glamis, United States

Most movie car chases involve screeching around city corners, weaving in and out of traffic and almost always smashing into a few police cars.

But for the dramatic pursuit that brings the Oscar-nominated "One Battle After Another" to its conclusion, director Paul Thomas Anderson wanted something a little bit different, his location manager Michael Glaser told AFP.

What the pair found was a desert highway that rolls up and down, like an asphalt serpent, with deadly blind peaks and treacherous hidden troughs.

The result is a high-octane cat and mouse hunt like no other in modern movie history.

"Things appear and then disappear and then appear again," Glaser said.

"It's the ebbs and flows of the road. You can't really see what's on the other side." The so-called "River of Hills," in southern California captivated Anderson, whose low-to-the-ground camera angles give the audience the sweaty-palm feel of actually being aboard the roaring Ford Mustang, Dodge Charger, or modified purple Nissan Sentra in the scene.

- Pulling and pushing -

"One Battle After Another," which has been nominated for 13 Academy Awards, follows washed-up leftist revolutionary Bob Ferguson (Leonardo DiCaprio) as he is



Location Manager Michael Glaser poses at one of the film locations for the movie "One Battle After Another" outside of Borrego Springs, California on March 2, 2026.

forced back into the game when his daughter (Chase Infiniti) goes missing.

Ferguson must battle through the mental fug of decades of pot-smoking to try to remember passwords and safe houses in his bid to best the deranged Colonel Lockjaw (Sean Penn), who has been hired by wealthy right-wing racists to hunt him down.

The film's final sequence sees Bob desperately searching for his daughter as she tries to outrun Lockjaw in the desert.

Glaser, who took AFP to the stretch of Highway 78 in Imperial County where part of the chase was filmed, said the road stands as a metaphor.

"It's the characters pulling and pushing each other

through something," he said. The crew also filmed on another stretch of road in Borrego Springs called "The Texas Dip," one of the around 200 locations Glaser offered for the movie.

"It was the kind of thing where we shot over multiple days," Andy Jurgensen, the Oscar-nominated editor of "One Battle After Another," told AFP.

"You just start shooting and just make sure you get all the shots from in front and behind of all the cars, and make sure that the distance kind of makes sense.

"And then it was just like: 'Okay, let's put it together.'"

- 'Subconscious character' -

Location managers are among the first to join a proj-

ect and among the last to leave, says Glaser.

The places they find are crucial to the look and feel of a movie.

In some cases, they take on a life of their own off-screen, like the steps of the Philadelphia Museum of Art from "Rocky," which have become a place of pilgrimage for generations of fans. "I often think of locations as a subconscious character in the movie," said the 44-year-old Glaser.

They "create a mood, create a palette, create a feeling for characters, the places they inhabit."

"One Battle After Another" ran the gamut of California locations, from north to south.

"Starting in Eureka, where ev-

everything's green and lush, we step down to central California, where it's a little bit more like wineries, oak trees, not quite as green, not quite as lush.

"And then you're in the bleak starkness of desert as the characters wrap up their story."

Before he received the script, Glaser had already begun his search, based just on the bullet point notes that the movie's production designer gave him.

He describes the process of scouting for this movie as similar to the way a tree grows.

"Some branches would die off, and others would sprout up," he said.

This was particularly the case with the desert, whose desolation and desperation gave shape to the film's third act and the journey its characters were on.

"There's nobody out here to watch over you or help you or confine you. You're kind of on your own," Glaser said.

"One Battle After Another" arrives at the Academy Awards on March 15 as the favorite to win best picture, offering Anderson his best chance at Oscars glory for the first time in a career that has seen him garner 14 nominations spanning writing, directing and producing.

For Glaser, whose work doesn't fit neatly into any of the categories at Hollywood's biggest night, any recognition the film receives is shared. □



Timothée Chalamet attends the 32nd Annual Actor Awards at Shrine Auditorium and Expo Hall on March 01, 2026 in Los Angeles, California.

New York, United States

Oscar nominee Timothee Chalamet is the frontrunner

to take home the golden statuette for "Marty Supreme" -- but he definitely

Timothee Chalamet taken to task over opera, ballet dig

has not won fans in the ballet and opera worlds.

In a town hall discussion late last month with Oscar winner Matthew McConaughey hosted by CNN and Variety, the 30-year-old Chalamet was discussing the future of movie theaters and whether the advent of streaming will spell doom for cinemas.

"If people want to see it -- like 'Barbie,' like 'Oppenheimer' -- they're going to go see it and go out of their way to be loud and proud about it," Chalamet said.

"And I don't want to be working in ballet or opera or things where it's like, 'Hey, keep this thing alive, even though like no one cares about this anymore.' All respect to the ballet and opera people out there," he added, to laughs from the audience.

"I just took shots for no reason."

The world's opera and ballet companies were not entertained.

In the French American ac-

tor's native New York, the Metropolitan Opera posted a backstage video with his quote plastered across it and the caption: "This one's for you, @tchalamet..."

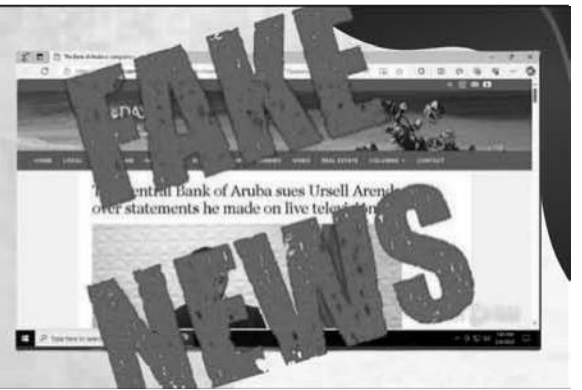
The Paris Opera riffed on "Marty Supreme," in which Chalamet plays a 1950s table tennis player with big dreams.

"Plot twist, there is ping-pong in opera too," it said on Instagram, with a video clip from "Nixon in China," now playing in the French capital. □

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Grabbing the bull by the tail: Venezuela's cowboy sport

San Fernando de Apure, Venezuela

Four mounted cowboys jostle for position near the bull pen gate.

When the bull bolts out into the ring, a mad scramble begins as the riders vie to grab its tail and knock it to the ground.

Bull tailing, or "coleo" is to Venezuela's "llanos" (tropical grasslands) what rodeo is to Texas -- an integral part of popular culture that has survived opposition from animal welfare groups.

Unlike their Texan counterparts, "coleadores" don't try to ride the bull or grab it by the horns but rather chase its tail.

The coleo is one of the high points of the annual "llanera" fair in the central city of San Fernando de Apure, a three-day extravaganza of cowboy culture, including fast-paced, swirling "joropo" partner dancing listed on the UN's Intangible Cultural Heritage list. Experts trace coleo to Spanish colonial times and link it to cattle herding work.

It is also practiced across the border in Colombia's "llanos," as well as in Brazil and Mexico, countries with strong cattle



A cowboy tries to grab a bull's tail during a bull tailing competition held as part of the "Fiestas del Alma Llanera" celebration in San Fernando de Apure, Apure State, Venezuela, on February 27, 2026.

breeding traditions.

Most of the "coleadores" or bull tumblers learn the sport from their fathers or grandfathers. Women and children have also been known to compete.

For Neomar Sanoja, one of the judges, it's Venezuela's "national sport" -- a bold claim in a baseball mad nation.

- 'Feel the adrenaline' -

Rafael Delgado, 35, started competing at around 10, encouraged by his father, a ranch hand.

"It's part of our 'llanero' culture, part of being Venezuelan," he told AFP before entering the ring.

To reach the bull's tail, riders spur on their horses and when they draw alongside the animal's flanks, perform acrobatic maneuvers to try

flip the beast.

The bull writhes, struggles back on its feet and tries to escape along the "manga de coleo," a 200-meter-long sand corridor, with the riders in hot pursuit.

Points vary depending on how the bull tumbles, with extra marks for those who manage to get all four legs in the air.

About 200 competitors took

part in the four-minute bouts in San Fernando de Apure, wearing hockey helmets and padding on their arms and legs as armor.

Llanera music blared while a judge narrated the action with rapid-fire delivery.

Florbis Linares told AFP she wanted to take up coleo despite the misgivings of her co-leadero boyfriend, who she watched perform from the stands.

"You really feel the adrenaline watching from here," the 23 year old said, her legs hanging over the guardrail around the ring.

- 'Defenseless animals' -

The bull's suffering is little cause for concern among aficionados of coleo.

Most of the animals who enter the ring are headed for the slaughterhouse.

Luis Garcia, a 32 year old rider, accused critics of the sport of hypocrisy, noting that most show no outrage in the face of intensive cattle rearing and meat consumption. The AnimaNaturalis animal rights NGO, which is active in Spain and Latin America, has called for the practice to be abolished. □

Europe's green milestone: Renewables overtake fossil fuels for the first time

BRUSSELS — In a transformative moment for the global energy landscape, the European Union has officially crossed a threshold once deemed decades away: wind and solar power have overtaken fossil fuels as the bloc's primary source of electricity.

According to data released this week, the "Green Tilting Point" occurred throughout the first quarter of 2026, with renewables accounting for 30% of total energy generation, narrowly eclipsing the

29% produced by coal and gas. This structural shift marks the first time in industrial history that the continent's growth was powered more by the elements than by extracted fuels.

"We are no longer talking about a 'transition' in the future tense," said Elena Rossi, a lead energy analyst in Brussels. "The transition is the current reality. We have successfully uncoupled economic stability from carbon-heavy reliance."

The surge is attributed to a massive, coordinated acceleration in offshore wind capacity in the North Sea and a record-breaking year for solar installations across Southern Europe. Countries like Spain and Greece, which have leaned into their natural geographical advantages, reported days where their entire national grids were powered exclusively by renewable sources. The milestone is not merely symbolic; it has had immediate economic benefits. Energy prices across the EU



This picture taken on January 19, 2026 shows Australian farmer Tom Warren standing next to some of the over 30,000 solar panels deployed across approximately 50 hectares at his farm on the outskirts of Dubbo, around 400 kilometres (248 miles) west of Sydney.

have shown increased stability, shielding consumers

from the volatile price swings of imported natural gas. □

Philippines' 'Cockroach Lord' goes to bat for misunderstood bugs

Los Baños, Philippines

A thin band of light from Cristian Lucanas's headlamp pierces the blackness of a Philippine rainforest as he digs through the underbrush before gently scooping up a cockroach with his bare hands.

As the Southeast Asian country's lone expert on the oft-misunderstood insect -- and discoverer of 15 species -- friends have dubbed the soft-spoken scientist "Ipis Lord", after the local name for the ubiquitous bug.

While fully aware most view cockroaches as disgusting, disease-bearing pests, the 31-year-old University of the Philippines entomologist says they deserve more study -- and credit -- for their key role in the planet's ecosystem.

"I also hated cockroaches when I was a child," Lucanas said with a grin during an interview with AFP in the college town of Los Baños, south of Manila.

"Fear of cockroaches is innate," he conceded, adding he usually tells people "I work in a museum" when asked about his job.

His girlfriend, also an entomologist, is more understanding, though her work focuses on insects less reviled than the cockroach, of which there are more than 4,600 known species.

"It's possible the real total is double or even triple that," said Lucanas, unable to hide his enthusiasm.

"For the longest time, no



In this photo taken on February 11, 2026, Cristian Lucanas, an entomologist from the University of the Philippines Los Baños, shows specimens of cockroaches inside a laboratory at the University of the Philippines in Los Baños town, south of Manila.

one was studying them," he said, calling it "sad" given the size and variety of the archipelago nation's cockroach population.

The massively biodiverse Philippines has about 130 known species, three-fourths of which are found nowhere else on earth.

Lucanas thinks there could be another 200 local varieties yet to be documented.

"Because of their outsized role in the ecosystem, its processes would be hampered if they disappear," he said. Like dung beetles and earthworms, cockroaches are detritivores, built to eat and break down dead organic matter -- including their own kind -- and return them to the soil.

While some cockroach species do carry disease-

spreading microbes, a world without them would slow the process of decomposition crucial for sustaining ecosystems, he said.

Birds and spiders would lose a key food source, and plants would absorb less carbon dioxide, potentially contributing to global warming.

Even so, Lucanas keeps a can of bug spray handy at work, ready to kill any live cockroaches that might view the museum's 250,000 preserved insect species as a potential snack.

Lucanas's obsession began 12 years ago on a field trip to a bat cave on a remote island, its floor crawling with cockroaches feasting on guano.

When his biology class adviser was unable to identify

the species, Lucanas knew he had found his niche.

A lifelong fan of J.R.R. Tolkien, Lucanas often names his discoveries after creatures in the author's "Lord of the Rings" trilogy: "Valar", "Hobbitoblatta", and "Nazgul". Their ranks are set to grow once he finishes writing up scientific papers on his newest finds, he promised.

Given the uniqueness of his specialty, the young scientist occasionally finds himself in demand, albeit for very specific situations.

The country's biggest bug spray firm once invited him to lecture its staff on cockroach identification.

Its top restaurant chain also sought his advice, desperate to stop raids on their commissary by so-called

German cockroaches, an invasive species from India. "Control is not really my forte," Lucanas admitted.

But cockroaches are far from the indestructible creatures that they are often portrayed as, he insists.

It is not true, for instance, that cockroaches will inherit the earth after a nuclear war, he said, noting that their resistance to radioactive exposure is about on par with other insects.

Humans, not bombs, pose a more immediate threat to the creatures, he said, noting that some species, especially in mountain environments, reproduce slowly and could disappear if their habitats are encroached upon.

Several cave-dwelling Philippine species first described in the 1890s during the Spanish colonial period "have not been seen again" since their habitats were opened to tourism, he explained.

He laments that most science funding in his country "goes to research that will directly affect humans", worrying that at best he will only be able to catalog and explain the Philippines' cockroaches.

But for now, that's enough, he said when asked about the decades still left in his career.

"I think I'll stick with what I'm doing. It's how I've built my reputation.

"And I really do enjoy working with cockroaches." □

Women rule the roost atop the Gdansk shipyard cranes



Nadia Bogomal (L), 37 years old Ukrainian and overhead crane operator, poses for a picture as she works from the cabin of her crane in the production hall of the Gdansk Shipyard in Gdansk, Poland, on March 6, 2026.

Gdansk, Poland

For the past 30 years, Ha-

lina Krauze has sat atop a 15-metre (49-foot) crane surveying the Gdansk shipyard, the birthplace of the Solidarnosc trade union.

For eight hours, the 65-year-old displaces tonnes of steel that will become ship hulls and wind turbine components.

She is one of dozens of crane operators at the huge yard, the largest in Central Europe.

Far below the cabin, hundreds of workers in overalls, helmets and protective goggles are busy at work.

The noise is constant, sparks fly and the air is full of weld-

ing fumes.

Around 70 percent of Poland's construction site crane operators are women, a tradition inherited from the Communist era.

In the Soviet period, "women had to be employed somewhere and since they couldn't do hard labour, they were integrated into other professions", explained Agnieszka Pyrzanowska, spokeswoman for the state-owned Baltic Industrial Group, which now operates part of the shipyard.

"Entire families worked for the same company."

Indeed, Krauze met her hus-

band Stanislaw at the yard and today they work in the same unit.

"He's up there!" she exclaimed, waving energetically at another crane cabin in the sky.

- Remembering a legend -

Krauze joined what was then called the Vladimir Lenin shipyard in 1983, first in a coal-fired boiler room and later operating a crane.

"In the beginning, it was a shipyard. We built a good dozen ships a year. Now we build dozens of wind turbine towers. It's quite different," she said. □

Fruit Loose & Veggie Boost

Aruban fruits and vegetables

Fresh fruits make a tropical holiday's picture complete. Whether you see the mango's hanging in the trees or the fresh fruit cocktail on the side table of your pool bed, the link is there: you are in the tropics. Aruba grows her own fruits and veggies and there are some pretty out-of-space local species you may never had heard of, but really healthy and delicious.

Mispel

This is a fruit with a character (5-10 cm/2-4 inches). It does not ripe until it is picked or falls off the tree. Mispel is hard with a sandpaper like texture when immature, soft and juicy when ripe. It's technically a berry, but contains a skin similar to that of a kiwi. It's grainy and sweet, with a light, musky flavor. The sap or gum from the tree is also a source of 'chicle' the original ingredient used to make chewing gum. Rich in tannins, antioxidants shown to contain anti-inflammatory compounds, and vitamin C, essential for healthy immune function. Season: year-round.

Kenepa

Ovoid green fruit that grows in bunches on trees up to 30m high. The fruit is related to the lychee and have tight, thin but rigid skins. Inside the skin is the tart, tangy, or sweet pulp of the fruit covering a large seed. The pulp is usually cream or orange colored. Kenepa strengthens the immune system, and prevents the reproduction of bacteria and viruses in the body. This fruit is highly recommended to treat lung infections and urinary tract infections. It also helps to cure insomnia and rejuvenates the nervous system. Season: the fruit typically ripen during the summer.

Druif

There is no chance you did not bump into one of the sea grape trees while spending your vacation on Aruba. The sea grape plant is often used in ocean-side landscaping in sandy soil right on the beach and it produces clusters of fruit

that resemble grapes. Are sea grapes edible? Yes, they are. Animals enjoy sea grapes and humans can eat them as well, and they are used to make jam. They contain very low calories and sugar, enabling good bacterium to digest food and excrete waste quickly which is effective in preventing constipation. Season: Sep-Oct.

Shimarucu

Maybe Aruba's most popular wild fruit tree. You may have noticed cars at the side of the road and people picking those red berries. Well, that's Shimarucu. The local habit to stop for these delicious fruits goes from generation to generation. Its fruit's degree of sour depends on the amount of rain it gets. Red Shimarucus tend to taste better than orange. The fruit has super power: a true vitamin bomb. Adults only need to eat 3-4 of these berries to meet their daily recommended amount of Vitamin C. Season: Rainy months (Oct-Jan).

Tamarind

A delicious, sweet fruit that has a wide variety of uses and applications, both for medicinal and culinary purposes. It is a medium-sized bushy tree with evergreen leaves and fruit that develops in pods characterized by long, brown shells. Inside is a sticky, fleshy, juicy pulp, which is the Tamarind fruit. Both sweet and sour in taste, the fruit contains a significant level of vitamin C, as well as vitamin E, B vitamins, calcium, iron, phosphorous, potassium, manganese, and dietary fiber. There are also a number of organic compounds that make tamarind a powerful antioxidant and anti-inflammatory agent. Season: March.

When it comes to veggies the island certainly offers a home-grown selection. They taste delicious and have their specific talents to boost your immune system.

Concomber chiquito

This is a sort of local squash, but looks like a cucumber

with prickly skin. The taste however is bitterer than the cucumber and the vegetable is smaller in size but bigger in width. Inside is a soft, fleshy pulp and seeds, just like the cucumber. Concomber chiquito is grown in the island and used in salads and 'stoba' (stew) or on its own in vinegar. The veggie contains multiple B vitamins, including vitamin B1, vitamin B5, and vitamin B7 (biotin). B vitamins are known to help ease feelings of anxiety and buffer some of the damaging effects of stress. Additionally this veggie is rich in two of the most basic elements needed for healthy digestion: water and fiber. Season: year-round.

Yambo

Family of Okra, also known as 'lady's fingers': a green flowering plant. Okra belongs to the same plant family as hibiscus and cotton. A classic favorite dish in Aruba is Sopi di yambo. It has long been favored as a food for the health-conscious. It contains potassium, vitamin B, vitamin C, folic acid, and cal-



cium. It's low in calories and has a high dietary fiber content. Recently, a new benefit of including okra in your diet is being considered. Okra has been suggested to help manage blood sugar in cases of type 1, type 2, and gestational diabetes. Season: year-round.

Bonch'i Cunucu

A long, small bean, boiled for a side dish or snack. Long beans have a chewy, crunchy texture—more so than snap beans—and a flavor reminiscent of the dry navy bean or asparagus. Besides stir-fry, soups and salads, the long bean is a good choice for stewing, braising (to remain chewy and firm), sautéing, shallow frying, and deep frying. With cooking, the long bean's bean flavor intensifies. Long beans are low in calories, about 45 calories per cup, and rich in

vitamin A and also contain vitamin C and potassium. Season: year-round.

Pampuna

In the endless summer of Caribbean living we only have to concern ourselves with a wet season and a dry season. Still we do indulge heavily in the pleasures of pumpkin and enjoy Caribbean pumpkin recipes year round. A popular dish in Aruba is Sopi di Pompuna, don't miss it. This dish is made of pumpkin soup, and parsley. Pumpkins are rich in flavonoid polyphenolic antioxidants such as xanthin, lutein and carotenes and also contain vitamins. Pumpkin seeds are a good source of omega-3 fatty acids, vitamins, minerals and proteins. Pumpkins are used to make desserts, breads and soups. □

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Aruban legends: Frenchman's Pass

(Oranjestad)—If you ever plan on taking a group tour of the island, you may pass through the Frenchman's Pass in Balashi. The Frenchman's pass (known to locals as "Franse Pas") remains a mysterious—and spooky—road of which its legend is told from generation to generation.

The history of the Frenchman's pass—and how it got its name—dates back to the colonization era, when the French tried to colonize the island, but were met with an angry mob of indigenous settlers, refusing to give up their land. However, as the French were heavily equipped with fire arms, the indigenous settlers began to retreat, and hid away in nearby caves. The French colonizers tried to smoke them out of the caves, but the indigenous settlers ended up inhaling too much smoke and most died in those caves. From then on, this passage was known as Frenchman's Pass, and there have been many accounts of spirits roaming the area of Spanish Lagoon.



There are many ghost stories surrounding this area, but one of the most famous one involves a lonely hitchhiker, trying to find a ride back home in the dark rainy night.

Sometime after trying to

hitch a ride home, the man saw a car approaching, appearing almost ghost-like in the rain. However, since he needed a ride real bad, he didn't think twice and jumped in. But to his horror, he noticed that there was no driver in the front. Paralyzed with

fear, he didn't dare to get out, and the car started to move.

When approaching a sharp turn, the hitch hiker braced for impact, but just when he thought the car might drive straight off the road and crash, he saw a

hand appear out the window and turn the wheel. For the next few turns, the hand appeared again. After having had enough, the man decided to jump out and he ran to Santa Cruz.

Arriving at a nearby bar, he ordered a drink and began to tell everyone about his experience. Everyone grew quiet, because they realized he wasn't some drunk messing around; he was telling the truth.

Sometime later, two men walked into the bar and one of them noticed the hitchhiker. He called out to his buddy and said: "Look, there's the idiot who sat in our car when we were pushing it!"

French man's pass is one of the few sites on the island that keeps the locals on their toes. While most ghost stories may not have real grounds—or some may even be a set up story for a joke, this pass holds a lot of value to our culture of folkloric story-telling. □

Source: visitaruba.com

Visit the natural bridges of Aruba!



(Oranjestad)—After you've visited the Alto Vista Church, the Bushiribana Gold Mill Ruins and the mini natural pool that is located right next to it, you're next up around the northern coast line must be the Natural Bridge. Once the largest natural bridge in the Caribbean, this bridge has been a tourist attraction for many years.

The bridge was formed during thousands of years, cut and crafted by the wild waves that crash into the coral stone walls of the

coast. Before its collapse, this bridge measured 30 meters in length and 7 meters in height, making it the biggest natural bridge in the Caribbean at the time. For many years, this site was also a frequently visited beach, as the bridge had a small opening through which the water would flow into the tiny beach.

Unfortunately in 2005, the bridge collapsed, and the little beach dried up. Despite this, this site remained a tourist attraction, with

many visitors walking along the coral cliffs of the bridge to see the spectacular view of the northern coastline and the Caribbean Sea. Visitors can also still visit the souvenir shop on the left of the bridge entrance.

While the natural bridge no longer is functional, there is now a smaller natural bridge very close. This bridge is often called the "Baby Bridge" or "Daughter Bridge". □



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Beaches for the whole family to enjoy!

(Oranjestad)—One of the biggest concerns that parents have when traveling with their children is a guarantee of their safety and healthy enjoyment. Therefore, we thought it would be a great help to traveling parents to list off some of the most family-friendly beaches around the island.

Baby Beach in San Nicolas

Baby Beach is one Aruba's most popular and visited beaches, and for good reason: This sandy and quiet lagoon is a great place for parents to sit back and relax while their children play in the shallow shores of the beach. Beside the relaxing atmosphere, there are also several services that may accommodate your stay, like a parking lot, sun tent rentals, chairs, bathrooms and a snack bar right at the far left of the beach.

Mangel Halto in Pos Chiquito



uito

Mangel Halto is situated in the back streets of Pos Chiquito. Though there are several stairs on the sides of the beach cliff leading you down, the best spot for families to hang out is across

the bridge, passed the mangrove trees near the entrance sign. Here, there are small and big palapas, perfect for big and small families to set up their belongings. In this area, the shore is also shallow, falling right

around your knee before slowly getting deeper: perfect for kids to safely play.

Eagle Beach/Palm Beach

Yet another highly popular beach sites, Eagle Beach and Palm Beach is where

most of our visitors go to tan, swim or play in the white sand. Because they are near the low-rise and high-rise hotel areas, these beaches are the most accessible for visitors on foot. These beaches also offer many palapas free to use, but you can also rent chairs and tents. Much like Baby Beach, these sites are one of the best beaches for your children to play and build sand castles.

Boca Catalina in Malmok

Boca Catalina is a small bay beach near the Malmok beach area further down the hotel areas. Though it may not be a very sandy beach, it is relatively quiet and tranquil. This is a great place for family to lay down a big blanket and have a little picnic. This is also one of the best places to snorkel, as this area is filled with little fish and corals, even close to the shore. □

“Aruba to me is magical”

ORANJESTAD — You are back and we would like to portrait you! By inviting you to send us your favorite vacation picture while enjoying our Happy Island.

Complete the sentence: Aruba to me is Send your picture with that text (including your name and where you are from) to: news@arubatoday.com and we will publish your vacation memory. Isn't that a special way to keep your best moments alive? Please do note: By submitting photos, text or any other materials, you give permission to The Aruba Today Newspaper, Caribbean Speed Printers and any of its affiliated companies to use said materials, as well as names, likeness, etc. for promotional purposes without compensation.

Last but not least: check out our website, Instagram and Facebook page! Thank you for supporting our free newspaper, we strive to make you a happy reader every day again.

For today we received a lovely message from Sandra Harrison.

She wrote to us saying: “Aruba to me is magical.”

Thank you for sending us this wonderful message sharing what Aruba means to you with us and our readers! □



Planning on snorkeling? Get to know our “Dorado”

(Oranjestad)—If you're ever planning on snorkeling during your vacation on Aruba, you may spot fish that you can't recognize. One of these may be the “Dorado”, a common fish that swims all year long in the waters of Aruba. Here's some information about the beloved Dorado.

Dorado has many different names it can be referred to. Dral, Dorao, Drals, Drado, are some of them in Papiamentu. In English, it is also called Mahi Mahi, Dolphin-fish, or Dorado. It's a good example to reflect on why there can be many names. The same fish becomes known by different common names, why? Common names come only when a group of people, to understand each other, assign a name to a fish. Mahi Mahi, for example, comes from Hawaii and means “very strong”. Dorado is based on Spanish and refers to the golden yellow color that the fish shines with under the sun. Why it's called Dolphin-fish



in English is not well defined and while there are several stories around this, none have been confirmed.

Dorado is found in all tropical to subtropical oceans around the world. Dorado is very popular both for recreational fishing and for consumption. It is known among fishermen as an exciting

catch and a fish that puts up a good fight. Its meat is very good for consumption and it is also commercially fished for that reason.

They grow very fast, up to 2.7 inches (almost 7 cm) per week. They can live up to a maximum of 5 years although very few reach that age. Most become adults

within 1 year but many become reproductive after just 5 or 6 months and reproduce very quickly too.

They live in open water on the surface most of the time. Many fish seek them around sushi lines or floating objects on the sea. Often you will find a group landing together and if you keep a male on

the line, often the others will stay close or can keep the group interested by giving shrimp or squid.

Description:

Dorado has a distinctive body. It has a large tail and its long, flat body ends in a large blunt head. Its color of yellow and green or blue makes it immediately recognizable, even with small variations in these colors.

Dorado has clear differences between adult females and males. The male is larger and can easily reach 50 to 80 pounds and has a much flatter head compared to the female. Therefore, male Dorados are also called “bull Dorado”.

Dorado can be found in our waters around the island all year round, but there are periods when it is easier to find than others. □

Source: The Department of Agriculture, Livestock, and Fisheries (Santa Rosa).

Today is going to be a good day

(Oranjestad)—Here's why: Aruba Today collected some things to do **BEYOND the beach. Yes, we know. Aruba, located 15 miles north of Venezuela in the warm waters of the southern Caribbean, is home to beautiful white-sand beaches, 82-degree days, and thus ideal for the perfect beach day. But we are also blessed with some of the warmest people in the world and our island is 19.6 miles long and 6 miles across, with a total area of 70 square miles. Bit more to discover than the white stretch on the coastline we say. Let's mention some of these hidden gems.**

Nature Calls

The Arikok National park is worth the ride. We love the hikes that are guided by the park's rangers whose job is to maintain trails and protect natural resources. The flora



and fauna are beautiful and the historical sites tell you about the island's indigenous roots. The guided tours are even free of charge. If you are not up to walking, you can drive through the park, one way or another this park is a great place to spend an entire day. Cruising through the landscape you end up at some of the most stunning beaches like Dos Playa or Daimara Beach. In Total the park consists of 7907 acres protected nature with a richness of animals living in it. The Aruban whiptail lizard (cododo), Aruban cat eye snake (santanero) and endangered rattle snake (cascabel) are just some of them, you can also admire these close in the park's Visitors' Center.

For more information, visit the website www.acf.aw

The Lighthouse

No, you would not think of this as a hidden gem. The California Lighthouse is actually one of the most known highlights in Aruba and many repeated guests most probably took the ride uphill already. But, there is a significant change to this tower. Since September 2016 you can climb the top. In 2015



Stichting Monumentenfonds started the restoration of the California Lighthouse. The project finished in September 2016 and the Lighthouse is now open for visitors to enjoy the beautiful view from the top. The construction of the California Lighthouse started in 1915. The name ‘California’ came from a vessel of the West India Company and Pacific Steamship Co. called ‘California’ that shipwrecked in the area in 1891. Therefore they came up with the idea of building a lighthouse that could indicate the island's eastern tip to ships with its light.

Kayak in the Mangroves

Mangel Halto at Savaneta is definitely a place not to miss out on. The beautiful beach with the natu-

ral mangroves is simply a beauty, but if you are into a more active way to enjoy the nature: take a kayak. While you are doing some workout—as it might get a little windy and rough—you will see the island from a different perspective. You can even make a stop to do some snorkeling at the reef. It's fun, it's healthy and for sure something else. □



The Bali Restaurant: a touristic hot spot and lost gem on the island

(Oranjestad)—Once located by the yacht dock in front of the Parliament building, the Bali Restaurant was once both a touristic and local hot spot, and nowadays it's considered a forgotten gem on the island.

Known as "the floating restaurant", Bali first opened in 1955 by Willem "Bill" Strijland, who had experience in Javanese cuisine. At the time, the restaurant was pretty exclusive—with space to host only 25 guests. Yet, 4 years later, it was named the best restaurant in the Caribbean by the Caribbean Tourist Association.

The restaurant was probably most iconic for its Javanese-inspired exterior with its pointy, slanted roofs. However, the first version of Bali did not look like that at all but was still considered as one of the most popular restaurants on the island



at the time. The restaurant saw three different owners during its existence, during which it underwent various renovations and rebranding.

In 1964, the restaurant was taken over by Karel "Carl" Schmand. Over the years, the restaurant needed constant renovation and

repair, mainly due to its vulnerability to leaks and the unstable pillars underneath the foundation. However, the biggest change made to the restaurant happened in the year 1970—still under the ownership of Schmand, when it got its iconic pointy roofs. The restaurant was also expanded to host a total of 85 guests. This was

"The New Bali", who had its official (re)opening in 1972.

After 1972, when Ronny Schmand took over, the restaurant saw yet another expansion; this time complete with a long bar and dance floor, where guests enjoyed live music from legendary Aruban musician and composer, Toti

Arends.

After 1989, the restaurant was again handed over to other owners, and since then suffered from unstable pillars underneath the foundation, resulting in various leaks and overflowing of water into the restaurant. And as most great things come to an end, so did the survival and maintenance of the Bali Restaurant. However, folks today reminisce its legacy, and it's now considered a lost monument.

Be a part of the conversation: if you or any family member of yours have a memory of the Bali restaurant, whether it be a picture or just a story, share it with us! We would love to see this legendary hot spot through the lens of our visitors! □

Source and pictures credit to:
"De Kolibrie op de Rots (en meer over de geschiedenis van Aruba)" by Evert Bongers.

Meet an Aruban trailblazers: Padu Lampe

(Oranjestad)—This week we remember one of our most beloved Aruban giant, Juan Chabaya Lampe—better known as Padu Lampe or Padu del Caribe. As one of the most important and renowned artists in the Aruban cultural sphere, Padu's long career led him to be honored today as "the father of culture."

On April 26th, 1920, Juan Chabaya Lampe "Padu Lampe/Padu del Caribe" was born in Nassaustraat, Oranjestad. He grew up in a happy musical environment, and it is because of this that he developed a love for music. Starting from the age of 12, he was agile in the clarinet, mandolin and cuatro. Henry Lampe, his father, was also a well-known pianist and musician. In a publication of the informative seminar, "Observer", from august 1st, 1962, Padu's many merits and friendly personality stood out. It was said that he was an excellent pianist with a per-

sonal style and full of surprises. Secondly, though the composer was not too familiar with music theory, he showed innovations in his compositions. Lastly, Padu was a promoter of Creole music around the world.

One of the most important moments in Aruban history, in which he was able to witness first-hand, was the first radio broadcast on the island on March 20th, 1954. Here, he was accompanied by Antillean guitarist Julian Coco and Hubert "Loi" Booi.

In the art world, Padu was also a known painter. During his youth, he made several painting using his unique style. In 1939, he participated in an art exhibit in New York, where he won a bronze medal for his painting "Typical View of Aruba."

Padu remained a popular artist within the Dutch Antilles and the Caribbean as a pianist, singer, author and painter. Padu Lampe was a local artist who became renowned in Venezuela, Colombia, The U.S. and The Netherlands too. In the 1950s, he sold no less than 50 thousand copies of his long-playing albums (LPs).

Padu Lampe was a multifaceted artist, inspired by his interest in parapsychology and supernatural phenomenon. He wrote three books in Papiamentu

on the subject in 1986, which was published by the Aruban National Printing Press with sponsorship provided by the Prince Bernhard Funds Netherlands Antilles.

Besides that, Padu passed his exam on "Society to Advanced Ethical Hypnosis" in 1964 in New Jersey. He received a certificate as a hypnotechnician, which gave him the authority to practice hypnosis in some states.

Over the course of his career, he received many accolades and awards in Aruba, Curacao, Venezuela and the Netherlands.

Padu del Caribe passed away on November 29th, 2019, at the age of 99 years old. Padu brought the Aruban culture around the world. His legacy will remain ingrained in the Aruban cultural history, and he will be known forever as one of the most influential trailblazers of our community.

Padu will always be in Aruba's heart, because he had composed various special songs dedicated to the mothers of the island; his song "Sonrisa di un baby" ("A baby's Smile") has been written in three different languages. Padu also wrote our national anthem "Aruba Dushi Tera", along with Mr. Rufo Wever. This song was approved by the government of Aruba and was named the



official anthem of the island in 1976.

Other songs that have been considered as being almost a second anthem for Arubans is the special composition he wrote for his wife Daisy Croes called "Abo so". Daisy later passed away in 1994. □



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CROSSWORD

By THOMAS JOSEPH

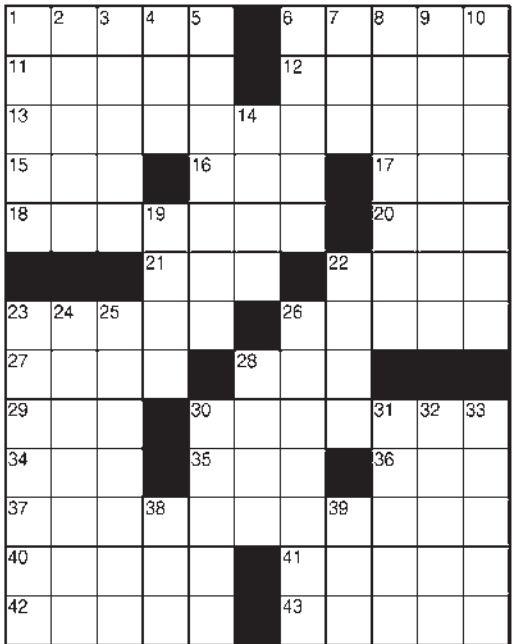
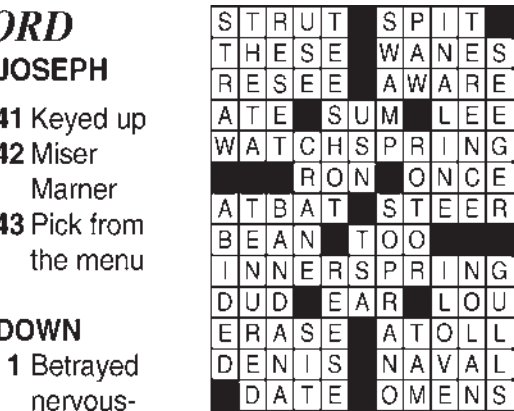
ACROSS

- 41 Keyed up
1 Book makeup
6 Hacienda houses
11 Island ring
12 Houston player
13 Baking need
15 Stop
16 Touch lightly
17 Cheering cry
18 Tyrants
20 Furious feeling
21 They hold power
22 Photo problem
23 Canary homes
26 Prolonged attack
27 Lofty poems
28 Knight's address
29 Rooster's mate
30 First aid kit item
34 Bullring cry
35 Convoy member
36 Fellows
37 Accountant's layout
40 "— all, folks!"

- 42 Miser Marner
43 Pick from the menu

DOWN

- 1 Betrayed nervousness
2 Make amends
3 Merchandise
4 Caribou's cousin
5 Easy shoes
6 Play groups
7 Cabinet wood
8 Like surgical tools
9 Floor cover
10 "Serves you right!"
14 Puts away
19 Diner desserts
22 Robin or wren
23 Kelly and Ryan, e.g.
24 New York university
25 Army bigwig
26 Serenades
28 Uttered
30 Army bigwigs
31 Add a change to
32 Gaggle group
33 Door sign
38 Greek vowel
39 That woman



3-21

AXYDLBAAXR
is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

3-21

CRYPTOQUOTE

CZ PD RWJ'U SGMED UGCJFE,

EWNDUCNDE UGD UGCJFE

ZWB BWPCJF IE SMJ SMUSG

IO. — B.N. NWJUFWNDQX

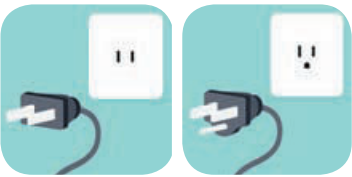
Cryptoquote: I DON'T KNOW WHICH IS MORE DISCOURAGING, LITERATURE OR CHICKENS. — E.B. WHITE

Cruise ship Schedule: March 09 - 15 2026

			ARR	DEPT	BERTH	
MON	09	BRITANNIA	07.00	18.00	B	1
		MARELLA DISCOVERY 2	08.00	20.00	C	1
		CARIBBEAN PRINCESS	08.00	22.00	I	1
TUE	10	SERENADE OF THE SEAS	08.00	23.00	B	1
		NORWEGIAN SKY	13.30	22.30	C	1
		OASIS OF THE SEAS	08.00	23.00	I	1
WED	11	CELEBRITY SILHOUETTE	07.00	17.00	B	1
		CARNIVAL MAGIC	09.00	22.00	C	1
THU	12	BRILLANCE OF THE SEAS	08.00	23.00	B	1
		OCEANIA ALLURA	11.00	23.00	C	1
SUN	15	STAR PRIDE	06.00	18.00	C	1

Helpful tips for your stay on Aruba

(Oranjestad)—When traveling to another country, especially for the first time, it is always better to be over-prepared than under-prepared. That is why we have a list of basic but important information that we think may come in handy to Aruba's visitors.



Electrical power

Aruba generally operates on 110V to 127V supply voltage and 60Hz. There are also three types of outlets used on the island: type A with two flat prongs; type B with two flat and one grounding prong, and on occasion, type F with two round prong and two earth clips on the side. However, Type A is most commonly found in homes and establishments.



Drinking water

The water that flows through the sinks of every house, hotels and other establishments is distilled and perfectly safe to drink. Aruba's drinking water exceeds WHO's international standards for water quality, so there is no need to buy bottled water from the store.



Safety

Since February 2024, Aruba has been categorized as the safest country in the Caribbean by The Telegraph, and many tourist that visit have often told us how they feel safe to explore the island or walk around at night. However, rare incidents do occur, so keep yourself and your belongings safe.

SUDOKU

To play sudoku, use logic to fill the empty squares so that each row, each column and each 3x3 box contains the numbers 1-9 only once. Puzzle difficulty increases from Monday to Sunday.

King Classic Sudoku

6			3			9	5
2		5	1			7	
	9			2	8		1
7		9	6		2	5	
5				7			6
4		1	8	5		9	2
						6	4
9	3					7	2
8	7	4	2			5	

Difficulty: ★

3/9

Answer to previous puzzle

2	6	1	7	4	3	5	9	8
8	7	5	2	1	9	4	6	3
9	3	4	6	5	8	2	1	7
4	9	7	5	3	6	1	8	2
6	5	8	1	7	2	9	3	4
1	2	3	9	8	4	7	5	6
3	8	9	4	2	1	6	7	5
5	4	6	8	9	7	3	2	1
7	1	2	3	6	5	8	4	9

Difficulty: ★★★★★

3/8

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'Significant' acceleration of global warming since 2015: study



General view of lagoons in "Pan de Azucar" Natural Park at the Paramo el Consuelo in Belen, Boyaca Department, Colombia, taken on April 21, 2024.

Paris, France

Global warming has accelerated in a "statistically significant" way since 2015, according to a study published by the Potsdam Institute for Climate Impact Research (PIK).

"Over the past 10 years, the estimated warming rate has been around 0.35C per decade, depending on the dataset, compared with just under 0.2C per decade on average from 1970 to 2015," the study found.

"This recent rate is higher than in any previous decade since the beginning of instrumental records in 1880," it added.

The study relied on observational data on climate change from NASA, the National Oceanic and Atmospheric Administration (NOAA), and Berkeley Earth, a California-based non-profit research organisation. Study co-author Grant Foster said that the researchers had "filtered out" natural influences likely to obscure the underlying temperature trend, such as the El Nino phenomenon, volcanic eruptions, and variations in solar activity.

In this way, "the 'noise' is reduced, making the underlying long-term warming signal more clearly visible," Foster added.

"The adjusted data show an acceleration of global warming since 2015 with a statistical certainty of over 98 percent," said Stefan Rahmstorf, PIK researcher and lead author of the study.

"If the warming rate of the

past 10 years continues, it would lead to a long-term exceedance of the 1.5C limit of the Paris Agreement before 2030," Rahmstorf added.

Scientists say the last 11 years have been the warmest ever recorded, with 2024 topping the podium and 2023 in second place.

"After correcting for the effects of El Nino and the solar maximum, 2023 and 2024, which were exceptionally warm years, become somewhat cooler, but remain the two warmest years since the beginning of instrumental records," the PIK study says.

- Scientific debate -

The question of a potential increase in the rate of planetary warming has sparked debate within the scientific community.

Zeke Hausfather, a climatologist at Berkeley Earth,

told AFP that "there is now pretty widespread (if not quite universal) agreement that there has been a detectable acceleration in warming in recent years".

But the methods used in the PIK study to remove natural variability are "decidedly imperfect and will likely leave some remaining effects", he added.

In 2024, a study published in the Communications Earth & Environment journal argued that the available data do not show a statistically robust recent acceleration of warming above and beyond the increase already observed since the 1970s.

Interviewed in 2025 by AFP, Robert Vautard, co chair of the IPCC working group on the scientific basis of climate change, said the recent records were "surprising" but not "aberrant" in light of ear-

lier scientific estimates.

Beyond natural fluctuations, he particularly stressed the need to study the influence of global declines in aerosol emissions.

These particles, emitted by human activity, tend to cool the planet and partially offset warming by reflecting part of the sun's radiation and altering cloud formation.

According to Hausfather, "it remains unclear how much of the additional warming over the past decade in particular is a forced response" -- in other words, due to external factors that alter the climate in a lasting way, for example the continued increase in greenhouse gas emissions. Hausfather also pointed to the "rapid reduction" in global emissions of sulphur dioxide, which "have been masking a portion of historical warming".

That "unforced variability" was also a possible factor in the warming trend over the past decade, he added. □



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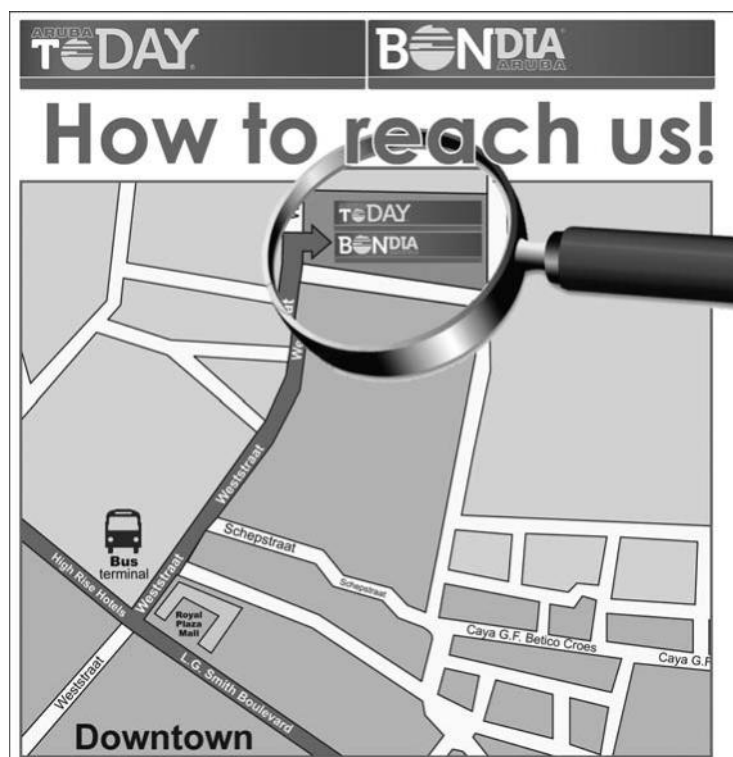
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Jet Blue	588 2244
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ARUBA TODAY NEWS

Dominant Russell wins Australian Grand Prix in Mercedes 1-2

Melbourne, Australia

George Russell kept his cool to win a frantic season-opening Australian Grand Prix on Sunday from Mercedes teammate Kimi Antonelli after a thrilling battle with Ferrari's Charles Leclerc. The pole-sitting Briton took the chequered flag by 2.974secs in Melbourne with Leclerc third and Lewis Hamilton fourth in a race that tested Formula One's new-look cars for the first time in competitive conditions. World champion Lando Norris came fifth -- 51 seconds adrift -- in his McLaren with Red Bull's Max Verstappen a sensational sixth after starting from 20th following a crash in qualifying.

But there was disaster for home hero Oscar Piastri, who crashed on his out-lap to the grid and failed to start with major damage to his McLaren.

With the virtual safety car repeatedly brought out, pre-season favourite Russell stayed calm to clock a sixth Grand Prix win and his first since Singapore last year.

"Feeling incredible. It was a hell of a fight in the beginning," said Russell. "We knew it was going to be challenging."

"I made a bad start and some really tight battles with Charles at the start. Just really glad to cross the finish line."



Mercedes' British driver George Russell (R) sprays champagne as he celebrates winning with second-placed Mercedes' Italian driver Kimi Antonelli (L) on the podium after the Formula One Australian Grand Prix at the Albert Park Circuit in Melbourne on March 8, 2026.

Under new rules, half of every power unit now is a battery and drivers had to recharge while braking or by lifting off the throttle to avoid it draining.

The challenge of Melbourne's 58-lap Albert Park circuit was its long sweeping straights, which deplete batteries, and relatively few twisty turns to brake and charge it up again. Five cars failed to finish as they grappled with the changes, including Piastri, Audi's Nico Hulkenberg, Red Bull's Isack Hadjar, Cadillac's Valtteri Bottas and Aston Martin's Fernando Alonso.

- Strong pace -

"Was not the best start we could have wished for, lost a lot of places and I had to recover," said Italy's Antonelli, who crashed heavily on Saturday and only just made qualifying after a major car rebuild.

"But overall was a good race, the pace was really strong especially at the end." In fine conditions, Haas' Ollie Bearman was seventh and rookie Arvid Lindblad eighth in his Racing Bull. Audi's Gabriel Bortoleto and Alpine's Pierre Gasly rounded out the top 10.

"It was a very, very tricky

race. None of us knew what to expect," said Leclerc.

"It has been quite challenging. It looked like Mercedes had a bit more pace than us today."

When the lights turned green Leclerc, on medium tyres, got a jump on Russell while Antonelli, who started second, slid down to seventh. Hamilton also had a flying start for Ferrari and surged to third, ahead of Hadjar. Russell immediately hit back, reclaiming the lead on lap two before Leclerc responded a lap later to go first again as they and Hamilton began pulling clear.

It morphed into a thrilling wheel-to-wheel battle at the front, with the lead changing hands three times on lap eight as Russell and Leclerc fought for supremacy.

The virtual safety car came out on lap 12 when Hadjar's car stopped with Russell and Antonelli pitting and coming back on hards.

Leclerc and Hamilton stayed out and when they resumed the Ferraris were 10 seconds clear of Russell, with Lindblad, Antonelli and Verstappen making up the top six. The virtual safety car was again deployed when Bottas retired with Russell eight seconds behind the Scuderia when they got going again.

With his tyres starting to wear, Leclerc pitted on lap 26 but Hamilton stayed out and was passed by Russell before coming in.

Russell radioed that he thought a one-stop race was viable and he began pulling clear, with Antonelli second. And there was no way back for the Ferraris, who were 15 seconds behind and barely made a dent in the Mercedes advantage in the second half of the race.

The season moves to China next weekend before Japan. Rounds four and five are scheduled for Bahrain and Saudi Arabia but are under threat given the war in Iran. □



Aryna Sabalenka plays a forehand in a match against Jaqueline Cristian of Romania during Day 5 of the BNP Paribas Open at Indian Wells Tennis Garden on March 08, 2026 in Indian Wells, California.

Indian Wells, United States World number one Aryna Sabalenka powered past Romania's Jaqueline Cristian 6-4, 6-1 on Sunday to

reach the fourth round at Indian Wells.

The Belarusian star belted 23 winners in an impressive display against her 35th-

Sabalenka sails into Indian Wells last 16

ranked opponent and will next face either 16th-seeded Naomi Osaka of Japan or Camila Osorio.

There were a few blips, notably a double fault on break point as she served for the opening set. Sabalenka responded by breaking Cristian to pocket the set and was satisfied with an overpowering performance.

"I knew that she was not going to give up easily," she said. "That's why I was super-focused, especially on my serve. I didn't want to give her much opportunity so super-happy with the serving, with the game and of course with the win." In other matches, Osaka

faced off against Osorio after falling to the Colombian in the first round last year. Four-time Grand Slam champion Osaka is playing her first tournament since withdrawing before her Australian Open third-round match with an abdominal injury.

Osaka -- who won her first WTA title at Indian Wells in 2018 -- booked her third-round berth with a relatively smooth 7-5, 6-2 victory over qualifier Victoria Jimenez Kasintseva while Osorio saved three match points in her second round victory over Iva Jovic.

Sixth-seeded American Amanda Anisimova faces

another former Grand Slam champion in Britain's Emma Raducanu, who last month reached her first WTA final since her shock run to the 2021 US Open title.

Fourth-seeded Coco Gauff headlines the night session, taking on rising Philippines star Alexandra Eala -- who gets a quick chance for revenge after falling 6-0, 6-2 to the American in the Dubai quarter-finals last month.

"I'm excited," Eala said. "It was a tough match for me last time. I think she played really well. So all I can do is take the learnings that I have from our last match and try to implement that in our next one." □

White House UFC event to be headlined by Topuria-Gaethje

Washington, United States

An Ultimate Fighting Championship event to be staged on the White House's South Lawn in June will be headlined by Ilia Topuria and Justin Gaethje, the UFC announced Saturday.

The lightweight championship clash will top a bill of six fights set to take place on the US Flag Day holiday and the 80th birthday of President Donald Trump, who is an avowed UFC fan. The June 14 event has been dubbed "UFC Freedom 250," in reference to the United States' 250th anniversary celebrations this summer.

Topuria is one of the UFC's top rated fighters and a double-weight champion who has won all 17 of his fights. A former featherweight champion, he earned the lightweight belt last year by knocking out Brazil's Charles Oliveira before temporarily stepping away from the sport for personal reasons. Born in Germany to Georgian refugee parents, Topuria moved to Spain as a teenager, and has both Georgian and Spanish citizenship. In Topuria's UFC absence, Arizona native Gaethje won an interim lightweight title, but will now have a chance to capture the undisputed championship. The 37-year-old American has a 27-5 record in UFC.

Trump has said a stadium for more than 100,000 people would be constructed in front of the White House for the fight, although organizers have since said the event is expected to host some 3,000 to 4,000 people at the heart of Washington DC. Large screens to view the event are expected to be raised in other places near the White House for larger crowds to watch the show. The event was originally announced for July 4, which is Independence Day in the US, before being moved to Trump's birthday.

The Republican president has also unveiled plans for an IndyCar race on the streets of Washington to mark the 250th anniversary of the country's independence. UFC is the largest and most successful organization in the burgeoning

world of MMA, a blend of martial arts disciplines like jiu-jitsu, kickboxing, boxing and wrestling.

Bouts take place in an eight-sided ring -- dubbed "The Octagon" -- bounded by a chainlink fence.

With few exceptions -- such as eye-gouging -- male and female fighters are allowed to employ almost any technique to attack their opponent.

The sport's popularity with young men -- a key demographic in the 2024 US election -- and Trump's long association with the UFC have made the president a regular fixture at some of its more high-profile events, where he is greeted like a rock star. Its brutal nature and high injury rate mean the sport is controversial, with doctors decrying the potential



Justin Gaethje of the United States looks on before the interim lightweight title bout against Paddy Pimblett of England in UFC 324 at T-Mobile Arena on January 24, 2026 in Las Vegas, Nevada.

for brain damage amongst fighters who are repeatedly hit in the head, though it has gained increasing mainstream acceptance in recent years. □



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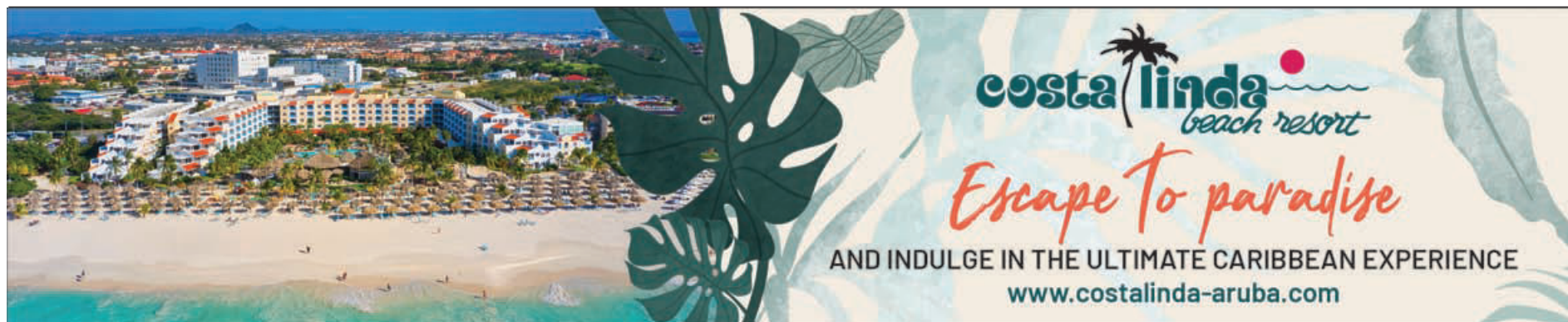
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Create precious memories in the heart of Costa Linda Beach Resort Water's Edge Restaurant offers the complete vacation experience!



(Eagle Beach) – Consider your family dinner plans taken care of at Water's Edge. Located in the heart of the Costa Linda Beach Resort and on the shores of the world-famous Eagle Beach in Aruba, Water's Edge offers an elegant yet cozy dining experience that the entire family can enjoy. Whether you're craving Steak, Seafood, International Dishes or a bit of the Caribbean flare, Water's Edge caters to all your culinary needs, all the while offering you a cozy and flexible service with a spectacular view of Aruba's top-rated sandy beaches.

Water's Edge's new menu has a great variety of appetizers, main courses and delicious desserts all on one menu specially made just for you. From the minute you arrive there will be a great staff welcoming you with the most contagious smiles and warmth. Flexible and professional service allows you to enjoy your meal in the cool and elegant indoor dining area, on the sandy, breezy beaches of Eagle Beach or by the open bar outside. Serving breakfast, lunch and dinner, Water's Edge has it all for you, any time of the day.

Start your day off with a hearty breakfast. Water's Edge offers a variety of delicious breakfast items, including their house specialties of Avocado Toast, Chicken & Waffles made with homemade Belgium waffles and topped with a gorgeous hot honey sauce. If you want something on the sweeter side, try their Crème Brûlée French Toast, served with an in-house mascarpone whip cream and topped with fresh fruit and powdered sugar. Or maybe the Traditional American Breakfast is more to your liking, complete with any kind of serving of eggs, bacon, sausage and toast, served with a side of hash browns.

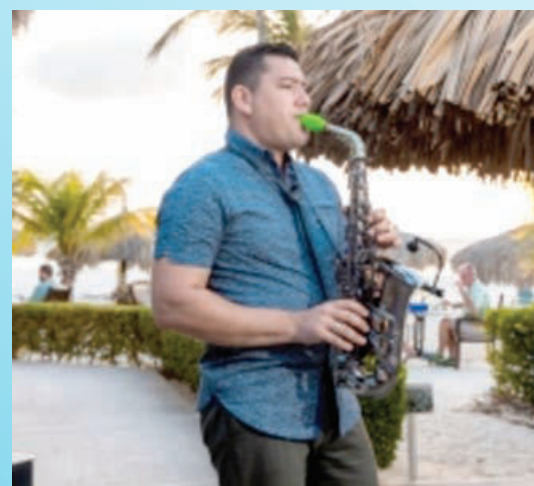
For lunch, keep it easy with their handheld items like their Bacon and Cheddar Burger, Mediterranean Quesadillas or Street Tacos. Want a taste of the Caribbean? Try the Grouper Reuben; A local twist to the traditional Reuben, complete with rye bread, in-house 1000 island dressing, sauerkraut and grilled grouper, served with a side of Cajun Fries.

Dinner plans are set with Water's Edge mouthwatering dinner menu. Start your gastronomic journey with a scrumptious appetizer such as the Maryland Crab Cakes, maybe the Crispy Calamari or the delectable Coconut Shrimp. You can also opt for their Water's Edge House Wedge Salad or freshly made Shrimp Louie Salad, made with poached shrimp, tossed in Louie dressing, fresh avocados and vine ripe tomatoes. For something a bit heartier, try their classic French Onion Soup, Lobster Bisque or Crab and Corn Chowder.

Follow your appetizers with your choice of Seafood, Chicken or Pasta dishes. Enjoy their succulent Shrimp and Clam Sauce with Angel Hair Pasta, a nice plate of Chicken Francese or explore the Water's Edge Fish Market—your pick of Mahi Mahi, Snapper, Grouper or Salmon, served with homemade mashed potatoes, sauce of choice and fresh herbs and vegetables.

Meat Lovers will have their fix with choices of Steak, including a Petite Filet, French Rack of Lambs or their famous 14oz pan-seared Pork finished with a fantastic apple glaze. All our steaks options are seasoned with a blend of kosher salt and freshly cracked black pepper. Served with homemade mashed potatoes, seasoned vegetables and a choice of red wine reduction, green peppercorn demi-glaze, mushroom sauce, chimichurri or bacon blue cheese butter. Enjoy it with a side of fresh asparagus, seasonal vegetables, and four different types of fries. Combine your meal with your personal choice of international and exclusive wines.

Kids will enjoy every item of the specially compiled Kids Menu and there are also optional dishes for all vegans, vegetarians



and gluten-free guests.

End the culinary voyage with some luscious sweetness. Choose from a variety of dessert options, including a piece of coconut flan, NY cheesecake, carrot cake, chocolate brownie or our classic Tiramisu with kahlua and amaretto served with chocolate sauce and coffee jelly. Not to mention the fresh and light piece of key lime pie.

Live entertainment

For seven nights a week, there is live entertainment by the best local artists for you to enjoy. Whether you're in a romantic mood, or more in a swinging mood, every night is a relaxing experience under the stars, where you can combine great music with delicious cocktails. In addition, Water's Edge offers three daily Happy Hours from 12pm-1pm, 4pm-6pm and again from 9pm-10pm with all premium brands specially priced.

Water's Edge prides itself on bringing elegance and comfort to your dining experience, offering personalized service fit for everybody's needs.

Water's Edge is open daily from 8am – 11pm

To reserve your table please call +297 583 8000 Ext. 8106 or + 297 586 9494 (direct), or reserve your table online at reservations@watersedgearuba.com. For more information about the menus, entertainment and hours, please visit the website watersedgearuba.com